

NYSEF NORDIC High School Camp

December 27-30, 2016

Lake Placid, NY

Get ready for the race season!

Age Group: open to athletes in grades 8-12

Camp Fee: \$390/per athlete

includes coaching, lodging, meals, transportation at camp, season pass and skiing at Mt. Van Hoevenberg (ORDA), admission to watch a ski jumping competition, goodie bag with camp t-shirt

Camp Details:

- athlete check-in at 2 pm on Tuesday 12/27 and pick-up between 12 noon and 1 pm on Friday 12/30
- lodging and meals at the Lake Placid Training Center
- improve your ski technique by drill instruction and practice
- coach directed free ski sessions
- learn to wax clinic
- athletes will be split up into groups for training based on ability (coaching staff will move athletes at camp as needed to find a group that fits the athlete's ability)
- recommended that all athletes be a NYSSRA Nordic member: [SkiReg](#)

Go here to register: <http://www.nysef.org/nysef-nordic-high-school-camp>

PLEASE NOTE:

sign-up deadline is 12/1/16, but this camp will fill up fast

this camp will close at 50 athletes (athletes who register after that will be added to the wait list and emailed)



Questions?

email Margaret Maher
NYSEF XC Head Coach
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